

Book Reviews.

INTERNAL SECRETIONS AND THE PRINCIPLES OF MEDICINE. By CHARLES E. DE M. SAJOUS, M.D., Vol. I, Illustrated. F. A. Davis Co., 1903.

The first volume of this remarkable work contains eight hundred pages almost exclusively solid reading matter, the illustrations being chiefly upon plates. It is an attempt to arrive at new theories and principles regarding certain obscure points in physiology, by a careful study of the observations and experiments of others. While it has generally been the practice of the world to accord the highest praise to the original investigator, it must not be forgotten that the man who organizes the mass of facts collected by others, puts them in an available form, and deduces from them new ideas regarding their essential relations, may contribute more to the actual advancement of knowledge than the accumulator. It must not be forgotten that the physicist, Young, takes his rank among the world's great men although his actual laboratory work in physics was comparatively insignificant; that Herbert Spencer has done much to mould English thought in biology, although he was not a great original investigator. To those who can accomplish both—that is, collect the facts and analyze them, as did Darwin—highest rank in science is ever accorded. Dr. Sajous is the analyst. He has made, he believes, some valuable discoveries regarding the rôle of the adrenals and the pituitary body. Briefly stated, his theory is that the adrenal secretion poured into the blood endows the hemoglobin and the plasma with an affinity for oxygen, that the plasma carrying the oxygen then circulates among the tissues and accomplishes the internal respiration. This function gives the internal secretion of the adrenals an overwhelming importance. The adrenal glands are controlled by the anterior portion of the pituitary body, and the functional efficiency of this is in turn sustained by the secretion of the thyroid gland.

These views are sufficiently novel; the question arises: What claim have they to our credence? The first chapter deals with the physiology of the adrenal glands. To us the conclusions in many cases appear to be strained. The proof offered is inadequate. The experimental material is obviously carefully selected, but even then does not suffice to confirm the deductions. Take, for example, the section on the physiological effects of poisons, in which the facts are stated by the investigators entirely without reference to the adrenal glands, and yet changes are explained by Sajous with reference to these organs. Take, for example, the relation of the adrenal glands to chlorosis: the conclusions must appear to any clinician to be forced. Of course the reviewer must guard against too general condemnation of any strikingly revolutionary hypothesis, and it is impossible to give an adequate analysis of the book in the brief space allotted to this review. There is one point, however, to which we feel that attention should be called, that is the statement that the posterior pituitary body is the chief center of the nervous system to which the afferent impulses go and from which the efferent impulses arise, so that it practically governs the brain. To one who has studied the histology of this organ it seems incredible that a mass so scantily furnished with cells or nerve fibers could possibly accomplish all that is ascribed to it. If its embryology is studied it appears more than reasonable to assume that it, like the pineal gland, is a relic of a former organ, and comparative anatomy lends color to this view. What then, has Dr. Sajous to offer against it? Very little indeed: Its position, which we admit is central enough; the fact that injections of its substance are said to increase the blood pressure; and

the fact that Berkeley's investigations have shown that it actually does contain parts of neurones.

Perhaps we have been rather harsh with this book, but we feel that Dr. Sajous has not made out an entirely good case for the plaintiff. Nevertheless, it is well written, indicates a vast amount of industry, and is exceedingly suggestive. The publishers have done their part well.
SAILER.

A SYSTEM OF PHYSIOLOGIC THERAPEUTICS. Edited by SOLOMON SOLIS-COHEN, A.M., M.D., Senior Assistant Professor of Clinical Medicine in Jefferson Medical College, etc. VOL. V, PROPHYLAXIS, PERSONAL HYGIENE, CIVIC HYGIENE, CARE OF THE SICK, by JOSEPH MCFARLAND, M.D., Professor of Pathology, Medico-Chirurgical College, Philadelphia; HENRY LEFFMANN, M.D., Professor of Chemistry in the Woman's Medical College, Philadelphia; ALBERT ABRAMS, A.M., M.D., formerly Professor of Pathology Cooper Medical College, San Francisco, and W. WAYNE BABCOCK, M.D., Lecturer on Pathology and Bacteriology, Medico-Chirurgical College, Philadelphia. Illustrated. VOL. VI, DIETOTHERAPY and FOOD IN HEALTH, by NATHAN S. DAVIS, JR., A.M., M.D., Professor of the Principles and Practice of Medicine in Northwestern University Medical School; Physician to Mercy Hospital and Wesley Hospital, Chicago. Philadelphia, P. Blakiston's Son & Company.

In the preface of Volume V of this series we read, "The following pages contain an epitome of what is essentially the natural history of medicine." Such is the broad scope adopted by the editor, who takes a special pleasure in this volume "because of his success in having the subject of prophylaxis brought into close relation with that of treatment at so many points. The artificial conditions of civilization, the diversity, complexity and strenuousness of the activities of modern life, the reciprocal influence of individuals upon communities and of communities upon individuals render it necessary in a work of this kind to consider problems in economics, engineering, manufacturing, architecture, pedagogics, commercial intercourse, taxation, municipal government, etc. These have been brought together and studied in their bearing upon the subject and on each other, and are placed before the reader in as concise form as would seem possible. The bacteriology of the infectious diseases, the distribution of animal parasites, and the whole subject of the spread of disease by insects and other agencies form very important portions of the book. The care of the sick-room is discussed from the physician's point of view as a worthy department of therapeutics. The recent theories of immunity, artificial defences against disease, hygiene in cities, disposal of waste, disposal of the dead, hygiene of women at special periods, care of patient, and special nursing are headings which indicate some of the contents; but in a limited review of this many-sided treatise it is impossible to dwell upon the subject-matter in any details. Suffice it to say that we believe this to be one of those books which belong in the library of every physician.

In Volume VI we have a treatise on Foods, and as this subject has been dealt with by numerous authors, this addition to the list demands less notice from the reviewer than does the preceding volume of the series. The consideration of diet is not merely a question of how to feed the sick, but also of what is proper feeding for those who are in health; and this prophylactic phase of the subject is not forgotten by the author. In a food the chemical composition is important, but it does not indicate the suitability or unsuitability of that food for human consumption. The author, therefore, after describing the chemical nature of the fundamental food-bodies and their transformation in digestion, proceeds to determine which of these enter into the composition of the various food-stuffs. (eggs, cereals, meat, etc.), and by what means and to what extent food-